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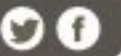
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Your essential daily news | WEEKEND, OCTOBER 21-23, 2016

High 17°C/Low 16°C Rain



General manager
Bryan Harvey hits a few
balls around on Thursday.
JEFF HARPER/METRO



The *spin* zone

Pong Social Club changing the game
on Halifax nightlife **metroNEWS**



The heartbeat of the North End

Happy Birthday! **metroNEWS**

Plus

The
'powerful'
pipes
behind the
Stones

Lisa
Fischer
returns
to Halifax
metroNEWS



WEEKEND SPECIALS FRI-SUN

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5

THINGS TO DO IN HALIFAX THIS WEEKEND

From Pop Explosion to Celtic jigs and family movies, there's lots to do. **YVETTE D'ENTREMONT** METRO

1 Re-Jigged Festival

Downtown Dartmouth is the place to be to explore new directions in Celtic musical tradition. Re-Jigged runs from Friday to Sunday and showcases emerging and established talent in the genre. Performances, workshops and sessions offer something for everyone. www.rejiggedfestival.com.



4 Cineplex Community Day

On Saturday, free family-friendly movies are on offer at select Cineplex theatres, with donations accepted for the Me to We Foundation. Shows start between 9 a.m. and 10 a.m. Check your local Cineplex for shows and times.



2 1980s Dance

Get your '80s in this Saturday night at the Hearthstone Inn, Dartmouth. This fundraiser for the Heart & Stroke Foundation includes prizes for best dressed, best '80s dancer, and more. The event is \$20 per person, with tickets available at the hotel.



3 Halifax Pop Explosion

The 24th annual music event kicked off Wednesday and runs until Saturday night. With close to 90 acts, the festival offers an eclectic mix of music. Headliners include Hey Rosetta! and Keys N Krates. A schedule and full list of performers can be found online, www.halifaxpopexplosion.com.



5 Symphony in Toyland

If you take a musician's instrument away and give them a toy instead, can they still make music? That's the question Symphony Nova Scotia explores in their family concert this Sunday at the Canadian Museum of Immigration at Pier 21. Tickets are free but due to limited seating, pre-register at www.symphonynovascotia.ca/education.

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Craig Smith, left, and Marcus James chat in the aisles at the Halifax North Memorial Public Library on Thursday. The library is celebrating its 50th anniversary as a hub for the community. JEFF HARPER/METRO

'This is our library'

For Kevin Conrod and David Demone, the Halifax North Public Library is a place where everyone knows their names.

It could be because they come here. A lot.

Demone said he walks through those doors nearly every day. He likes that the staff photocopy crossword puzzles for him to work on.

"I'd come here Sunday and Monday too but they don't open on Sunday and Monday," Demone said.

Both men live across the street and say it's like going to a coffee shop and running into people you know. They are here so often they're greeted by name at the checkout desk, Conrod said.

"It's really nice because you don't have to go all the way to Spring Garden Road (to Halifax Central Library)," Demone said. "I know it's bigger and better but this is our library."

JENNIFER TAPLIN/FOR METRO

North End library hits 50

ANNIVERSARY

Community hub has been home to many conversations



Jen Taplin
For Metro | Halifax

Called the heartbeat of the North End, the Halifax North Memorial Public Library is celebrating its 50th anniversary.

Almost from the beginning it was more than a book dis-

pensary.

Craig Smith, an author and RCMP officer, worked at the library as an 18-year-old in 1979, and off and on throughout the decades.

"The library was the meeting place for where we came to talk, figure out, strategize and try to hold people accountable," he said Thursday.

"When the Royal Bank was looking to take out the branch down the street they had the vice president of the Royal Bank here... and when Sobeys was taking out the grocery store from across the street they held meetings here," he

said.

As the neighbourhood changed, the library remained constant, he said.

Black History Month in Nova Scotia was borne out of this library in 1984 and the Africville Genealogy Society started here too. In the '80s and '90s, it was also well known for employing local youth, Smith said.

"Students could get their first job here, where they

didn't have to leave (their community) and could be nurtured by individuals who knew them and their families," he said.

"If they were a diamond in the rough, then it was our job to polish that diamond before they went on."

When racial tensions ran high in 1991, meeting after meeting was held within these walls to talk it over.

"And think of some of the

people who came through here: our poet laureate of the Canadian Parliament Dr. George Elliott Clarke started as a student here at the North branch library."

Marcus James, who has worked at the north end branch for 22 years, said the library has played an important role of relationship building in the community. And for the next 50 years, James said they just want to continue that work.

"Changes are coming to the community but I think we embrace that but we don't forget about the old either," he said.



If they were a diamond in the rough, then it was our job to polish that diamond. Craig Smith



I'd come here Sunday and Monday too but they don't open on Sunday and Monday.

David Demone

+ CELEBRATIONS

The Halifax North Memorial Library celebrated the 50th anniversary with an event of guest speakers, a choir performance and more Thursday night.

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“It's going to be bittersweet leaving. There will be some things I'll really miss, and some things I'm really glad I'm not doing anymore.”

Jennifer Watts

Ward 8 Coun. Jennifer Watts is moving onto work with Immigrant Services of Nova Scotia.

METRO FILE

Jennifer Watts passing baton

INTERVIEW

Councillor reflects on her time in office, what's next



Jen Taplin
For Metro | Halifax

In her last days as councillor of Peninsula North, Jennifer Watts is dusting off her council seat for incoming rookie Lindell Smith. Metro Halifax asked Watts about her thoughts on her departure from municipal office after eight years. Her answers were edited for clarity.

What was it like to watch the election?

I found Saturday as it got closer to the close of the polls very nerve-racking because I wasn't sure what

was going to happen. Just thinking about the previous election and knowing how everyone would be feeling I was feeling very nervous myself... It's going to be bittersweet leaving. There will be some things I'll really miss, and some things I'm really glad I'm not doing anymore. I'm going to go back to enjoying winter storms once again.

What's it like to leave council now with items like the Centre Plan just coming forward?

It really feels it's like the right decision. This is not been only my work, it's been the work of a lot of residents on the Centre Plan, on the green plan, the Integrated Mobility Plan...it just feels really good to have been a part of that and see that it can go forward, that it's not dependent on any one person. To be a part of that is awesome but you know, they don't need me for this to go

forward in a really great way.

Any unfinished business?
Oh yeah, there has been lots and I've been having some chats with Lindell over the past couple of days about some particular projects and things that are in process.

Anything specific?

For me, one of the things that is going to be very interesting is that continuing work around transit on how that will impact the district. And continuing with the Fort Needham master plan that's a major project and the work around the Halifax Explosion commemoration that's going to be a significant event in the district.

What's next for you?

I'm going to be starting work on Nov. 1 at ISANS and I'll be working there as director of settlement integration.

IN BRIEF

Two pedestrians hurt in collisions

Two different collisions injured two pedestrians in Halifax Thursday.

The first was at 9:24 a.m. where a 37-year-old woman was struck while crossing South Street near Robie Street. The woman suffered non-life threatening injuries and was taken to the hospital as a precaution. The 93-year-old driver was issued a ticket. The second happened near noon at the intersection of Barrington and Duke Streets.

A 40-year-old woman was crossing the street when a car turning right onto Duke struck her. She was also taken to hospital as a precaution and a 70-year-old driver was issued a ticket. METRO

Phone and email scam warning issued by police

Police are warning people about three recent email and phone scams.

In a media release issued Thursday, Halifax Regional Police said within the last two weeks they've received two reports from people contacted by email by someone claiming to be from the police department. They were told they had an overdue traffic ticket.

The sender asks the recipient to appear in a provincial court office and provides a link to click to view the ticket. Police said these emails aren't legitimate. If you receive one, don't open any links as this could compromise your computer. METRO



Bryan Harvey, general manager of the Pong Social Club, hits a few balls around. JEFF HARPER/METRO

Pick a table and have a ball at this venue

ENTERTAINMENT

Hard not to have fun at The Pong Social Club: Owner



Yvette d'Entremont
Metro | Halifax

The Pong Social Club opened in downtown Halifax last month and patrons are having a ball.

"It's hard to play ping pong and have a couple of drinks and not have fun. It really is," said

general manager Bryan Harvey in the Grafton Street space on Thursday.

"It's like how people have ping pong tables in their basements, but putting it into a social club where you've got a premium bar and a chef out back making really funky stuff."

Harvey said the idea to start the social club came from a Grafton Connor Group operations manager, who wanted to install a ping pong table in one of the company's existing venues.

A bit of research led them to discover ping pong-centric social clubs were popular in several larger North American cities, including Toronto, New

York and Miami.

"I can count the ping pong social clubs in Canada on one hand and of that, there's really only one in Toronto called Spin that would be comparable to what we're doing," Harvey said.

Seven ping pong tables fill the Pong space, which also includes leather seating, food tables and stools. There's also a separate bar area where patrons can sit and grab a drink if they want to play but need to wait because the ping pong tables are all in use.

"People come in and play 30 minutes to one hour typically so you're not walking into every single table just starting a game," he said. "Even when

+ PRICES

During peak ping pong times it's \$15 for a half hour game, \$30 for an hour. The price is halved for off-peak hours.

you have a wait it's not that long. You have your first drink and you're usually ready to go."

And in case you wondered, beer pong is strictly forbidden.

The club is located at 1741 Grafton St. and opens at 4 p.m. daily, with closing times that vary depending on the day of the week.

ASSAULT

Man bit nose at wake

A Nova Scotia judge has convicted a man of aggravated assault for biting off part of a fellow mourner's nose in a drunken brawl at a wake.

Judge Del Atwood found Randall Edwin MacLean guilty of aggravated assault, but made it clear many people behaved badly at the 2014 wake in downtown Pictou, N.S. "A wake is meant to be a time for sober and solemn reflection of a life well lived. A celebratory air is often fitting on such occasions," Atwood mused as he contemplated the events of Oct. 11, 2014.

"Celebration may be accompanied by libation; when enjoyed in moderation, it may enhance the experience; but in immoderation, things can fall apart pretty quickly. Fall apart things did."

The wake was for Howard Miller, about whom very little is revealed in Atwood's ruling, which was rendered Tuesday.

MacLean, an old friend of the deceased, arrived at the wake drunk, but he wasn't the only one. After an alcohol-fuelled argument, a group of men attempted to eject MacLean from the house, and he bit Paul Gaudet's nose during the brawl, severing the tip.

"It was just hanging there," Malloy said, as quoted in Atwood's ruling. MacLean claimed he bit the nose to keep himself upright as he was being attacked, but Atwood didn't buy that theory, saying nobody keeps their balance with their teeth.

But Atwood added that MacLean had done nothing to warrant being "manhandled" as he was. THE CANADIAN PRESS



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Lisa Fischer and band returning to Halifax

MUSIC

Woman behind famous Rolling Stones tunes ready to rock



Yvette d'Entremont
Metro | Halifax

Lisa Fischer's voice is described by Keith Richards as "powerful as the rest of the guys put together."

The powerhouse vocalist has performed at every Rolling Stones concert since 1989. (Search online for her Gimme Shelter duet with Mick Jagger).

Fischer's talent has also graced shows by artists that include Luther Vandross, Tina Turner and Nine Inch Nails.

Next month, she'll bring band Grand Baton to Halifax for a show that will reinvent songs by performers like Led Zeppelin, The Rolling Stones and Little Willie John. It will also include some of Fischer's original songs.

"A lot of it is kind of like waves crashing, in the sense that you have this build up of energy. A lot of it is exotic and it's introspective and it's got a bit of a yearning to it," Fischer said in a telephone interview from New York on Thursday morning.

"Every single time that we do it we find that it's different. It's really like a kiss. It's like you always go back in for the kiss and you sort of want something familiar, but each time you feel it, it feels new."

Fischer was the breakout star of the 2013 Academy Award-winning documentary 20 Feet from Stardom. She said while promoting the film, people kept asking if she was performing shows. After numerous requests, she decided it was time.

She got together with band Grand Baton (JC Maillard, Thierry Arpino and Aidan Carroll) and they began performing together in 2014.

"We just started looking at songs that were great songs and just started reliving them in a different way and that has been an amazing journey for us," she said.

"I think in turn it will end up being the pathway into



Lisa Fischer will be performing in Halifax this November. CONTRIBUTED

actually creating new music and so that's what we've been sort of working on."

No stranger to travel, Fischer was in Halifax last year for a concert and said she's looking forward to her November show at the Rebecca Cohn.

When asked about her most memorable moment performing with The Rolling Stones, she pauses.

"There are so many. I think the one that sticks out in my mind is (when) they did a free

We just started looking at songs that were great songs and just started reliving them in a different way and that has been an amazing journey for us.

Lisa Fischer

concert in Brazil ... It was on the beach and it was just a sea of people and they had been camped out the day before and as far as the eye could see was just people," she said.

"You couldn't see the end of it. And then there were boats in the water and it was just amazing ... The amount of souls in one place to hear the music? That was pretty awesome."

Confidence that Energy East Pipeline will happen

RESOURCES

Arthur Irving insists project will be given federal backing

The chairman of Irving Oil confidently predicted Thursday the proposed Energy East Pipeline still being examined by federal regulators "will happen," though he thinks the process is taking too long.

Arthur Irving said Thursday that Alberta's struggling economy urgently needs the pipeline to transport its crude oil, and his firm is eager to partner with TransCanada (TSC:TRP) to build a deepwater terminal in the Bay of Fundy.

"That will happen, but it's taking a little longer than it should. But it will happen because it's the right thing to do for Canada. They can't get along without it. Alberta needs it and the East Coast needs it," he said during a speech.

The Saint John, N.B.-based businessman, made his comments while announcing his company's completion of its Halifax harbour terminal — and as the regulatory process for the pipeline emerges from controversy.

The National Energy Board panel reviewing the proposal was recused last month after it became known publicly that two of the three panellists met last year with former Quebec



Trevor Morse, first officer aboard the Irving tanker, Acadian, on the wing above the ship following the grand opening of the Halifax Harbour Terminal in Dartmouth. THE CANADIAN PRESS

“That pipeline will be built because Alberta has to have it. Calgary misses the pipeline now.”
Arthur Irving

premier Jean Charest, then a consultant for project proponent TransCanada.

Natural Resources Minister Jim Carr has said appointing new panellists means the review period for the project could be delayed, as could the

NEB's goal of having a decision on Energy East by March 18, 2018.

On Thursday, Carr also announced the appointment of four temporary members to the National Energy Board, saying they would travel along the

proposed Energy East pipeline route to carry out enhanced community and Indigenous engagement.

Irving said he was recently in Alberta and observed the oil-rich province's economic struggles, saying it needs a way to transport its product to the ocean for export.

"That pipeline will be built because Alberta has to have it. ... Calgary misses the pipeline now," he said.

The 4,500-kilometre pipe-

line would cost \$15.7 billion and carry 1.1 million barrels of oil per day from Alberta to New Brunswick. About two-thirds is already in place as a natural gas pipeline.

Following Irving's comments, the Nova Scotia energy minister also weighed in, saying the province intends to tell senators holding hearings in Halifax on Friday that the project is a good one for Atlantic Canada.

"I'll be making a presentation to the Senate committee ... to indicate our premier and our government support the Energy East Pipeline and see it as part of our energy security here in Nova Scotia," said Michel Samson.

However, Stephen Thomas, energy campaign co-ordinator with the Halifax-based Ecology Action Centre, said it's a bit early to be declaring victory for the proposal.

"We think it's inappropriate that a proponent in an ongoing regulatory process will make a prediction about how it's going to go. That's quite telling about the process itself," he said in a telephone interview.

Thomas said the pipeline is strongly opposed by over 300 Quebec municipalities, the assembly of First Nations of Quebec and Labrador, a Treaty Alliance of over 50 First Nations across Canada, and many local businesses, fishermen and people who live along the shore of the Bay of Fundy.

THE CANADIAN PRESS

ELECTION 2016

Official results released

The official Halifax election results are in with no major changes from election night. However it remains to be seen what happens if recounts are made.

Municipal Election

Mayor: Mike Savage (62,096 votes)

District 1: Steve Streach (2,245 votes)

District 2: David Hendsbee (3,266 votes)

District 3: Bill Karsten (acclaimed)

District 4: Lorelei Nicoll (acclaimed)

District 5: Sam Austin (2,372 votes)

District 6: Tony Mancini (3,565 votes)

District 7: Wayne Mason (2,962 votes)

District 8: Lindell Smith (3,418 votes)

District 9: Shawn Cleary (3,740 votes)

District 10: Russell Walker (2,027 votes)

District 11: Stephen Adams (3,613 votes)

District 12: Richard Zurawski (1,607 votes)

District 13: Matt Whitman (4,090 votes)

District 14: Lisa Blackburn (2,062 votes)

District 15: Steve Craig (acclaimed)

District 16: Tim Outhit (acclaimed)

JEN TAPLIN/FOR METRO

Waye Mason

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Dennis Oland is taken from the Court of Appeal in Fredericton on Wednesday. The 48-year-old, convicted of murder in the death of his father Richard Oland, is appealing the conviction. METRO FILE

Oland appeal fate expected Monday

COURT

Three justices heard closing arguments of case Thursday

Dennis Oland is expected to learn Monday if he'll continue to serve a life sentence for the murder of his father, win acquittal, or be ordered to stand trial all over again.

Defence and Crown lawyers finished presenting arguments before three justices of New Brunswick's Court of Appeal Thursday on whether the guilty verdict delivered by a jury in December should stand or be overturned.

Oland's lawyers argued that the verdict was unreasonable, that the trial judge made errors in his instructions to the jury, and by allowing the introduction of some pieces of evidence such as Oland's brown sports jacket.

Much of the three-day hearing focused on Dennis Oland's incorrect statement that he was wearing a navy blazer on the evening his father was murdered.

During the lengthy trial last year, the Crown portrayed the statement to police as an intentional lie, while the defence said it was an honest mistake.

The brown jacket Oland was actually wearing was later found to have minuscule blood stains and DNA matching the profile of Oland's father, Richard.

Oland's lawyer argued the trial judge erred in his instructions to the jury on how to view the incorrect statement about the colour of the jacket.

Alan Gold cited numerous examples of case law where he said independent evidence is necessary to prove whether an incorrect statement is a lie. He said that independent evidence didn't exist during

of his jacket, but it did not go to the ultimate question," she told the court Thursday.

But Chief Justice Ernest Drapeau took issue with her statement on Thursday.

"I have a hard time accepting that a lie about the jacket worn the day of the visit at Oland's office, and then the jacket is analyzed and DNA of Oland senior is found on that jacket — that, that is somehow an inconsequential piece of evidence," he said.

The badly beaten body of a well-known multimillionaire Richard Oland was found in

“If the trial judge did make an error in relation to his charge it was a harmless error. Kathryn Gregory

Oland's trial and the judge failed to properly instruct the jury.

Crown prosecutor Kathryn Gregory said she believes the judge's charge was correct by allowing the jury to weigh all of the evidence. She said even if there was an error, it wouldn't diminish the case against Oland.

"It's the Crown's position that if the trial judge did make an error in relation to his charge it was a harmless error. The evidence in relation to the statement was not a critical aspect of this case. It related to the colour

his Saint John office on July 7, 2011.

He had suffered 45 blunt and sharp-force blows to his head, neck and hands. No murder weapon was ever found.

Dennis Oland, 48, was convicted and sentenced to life in prison with no chance of parole for at least 10 years.

Drapeau said the three judges hope to release their decision, with reasons, on Monday.

They could reject the appeal, order an acquittal, or order a new trial.

THE CANADIAN PRESS

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Fliss Cramman, 33, in her hospital bed in Dartmouth, N.S. on Thursday. Cramman has pleaded to be allowed to continue residing in the country she considers home. ALISON AULD/THE CANADIAN PRESS

'If I leave here, I'm leaving my heart'

CITIZENSHIP

Woman facing deportation to U.K. pleads to stay in Canada

A young mother facing deportation to the U.K. after spending much of her life in Canada issued a plea Thursday to be allowed to stay in the country she considers home, a day before her strange saga goes before a hearing that may determine her fate.

Propped up in a hospital bed and groggy from pain medication, Fliss Cramman said she is terrified of being forced to return to England, where she was born but left at the age of eight when her parents moved to Ontario.

"I'm just so scared to go back — I don't know anybody, I don't know anything," she said through tears, while two corrections officers stood guard in her drab hospital room.

"If I leave here, I'm leaving

my heart behind big time. This is my homeland."

The 33-year-old mother of four young daughters, who were all born in Ontario, only became aware that she was not a Canadian citizen following a recent drug conviction and incarceration. The Canada Border Services Agency looked into her status while she was in custody, discovering that her parents and several foster care families that took her in at the age of 11 failed to secure her Canadian citizenship.

As a result, the agency says it wants to deport her by Dec. 16, despite her physician's assertion that she is in fragile health and needs to remain in the country for about 18 months to properly recover from a series of colon surgeries done after she was rushed to hospital from a prison facility in Dartmouth on Aug. 12.

At a hearing in the basement of the hospital late last month, the Immigration and Refugee Board agreed Cramman would not be able to travel for "at least a couple of months." It said it

would review the matter at another hearing Friday.

"I just want to stay here," Cramman said in a voice thin from fatigue, but buoyant when questioned about her citizenship. "Hell yeah, I'm Canadian. I came over when I was eight, I have a social insurance number, I have a health card, I pay taxes, I had kids in Canada, I voted, I say sorry and that's a huge Canadian thing. I say 'eh' a lot!"

Advocates with the Elizabeth Fry Society and a local refugee group agree and have taken on her case, which has attracted attention from across the country.

Despite it all, Cramman said she has been moved by the attention her case has garnered.

"I honestly didn't think I was worth it," she said, fingering a Dollar Store notepad full of newspaper clippings chronicling her story. "Seeing how people are stirred up about this and appalled about everything, I'm drawn to it ... It kind of made me feel like this is my break."

THE CANADIAN PRESS

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Nasty women unite



Rebecca Chiu
Metro | Toronto

When Donald Trump blurted into his mic on Wednesday night, telling Hillary Clinton she was "such a nasty woman," he probably didn't anticipate the type of social media reaction that followed.

Soon after, the hashtags #ImANastyWoman and #NastyWoman spiked. Women were either talking about being "nasty" themselves, or using the topic to take down the Republican candidate on his other sexist comments.

The Clinton campaign grabbed hold of the opportunity, tweeting out a comparison between Trump's comment to the candidate's earlier statement that "nobody respects women more than me."

It seems one Clinton supporter even purchased the domain nastywomengetshitdone.com, directing it to the Democratic presidential candidate's campaign website.

Supporters aren't only buying websites, but clothing, too. Nasty woman T-shirts are already being sold online, with 50 per cent of sales going towards Planned Parenthood, and in an even further dig at Trump, you can purchase a "Make America Nasty Again" hat on Etsy.



This T-shirt is being sold on googleghost.com. CONTRIBUTED



THE ASSOCIATED PRESS



From 'truthiness' to 'Trumpiness'

In today's world, facts seem to be anyone's game.

Between the American election, the Brexit referendum and the fissure in the Knowles-Carter household, it's hard to know what to believe.

In the third and oh-God-when-will-this-end final debate, Donald Trump didn't seem to know the difference between late-term abortions and birth. "In the ninth month," he said, "you can take the baby and rip the baby out of the womb of the mother." According to him, this happens "as late as one or two or three or four days prior to birth."

Despite his five kids and a stated passion for female anatomy, Trump doesn't seem to be aware that he is describing the regular process of a C-section. Although he's proven he knows nothing about

women's health, Trump feels like he can have an opinion on women's bodies.

On The Colbert Show, "truthiness" held that a fact was true if someone deeply believed it. Colbert recently updated it to "Trumpiness:" a fact is true if you hold it much deeper in your gastrointestinal system — somewhere not fit for broadcast.

Having waited for the computers to spontaneously combust at the millennium, we should have known that nothing and no one could be trusted as of day one of the year 2000.

Computers have sped the post-fact world into hyperdrive with the availability of fast, small and easy-to-use phones and computers.

On the Internet, it's easy to

silence disagreement and confirm your own biases.

It's a phenomenon that happens offline as well.

A 2008 Yale study, for example, asked participants about the safety of nanotechnology. When they had scant information, their opinions were all over the map. Yet, when given more information about nanotechnology's risks and benefits, participants "became highly divided" according to their existing ideological biases. Online it has become rapidly beneficial to assert opinion as fact.

Buzzfeed and the New York Times have reported on the rapid growth of hyperpartisan Facebook pages. Pages like Eagle Rising and Occupy Democrats share memes and photos with stories that are

often false or misleading.

Millions of followers share the pages with friends and family. These pages might just disappear after the election. But, on the night of the third debate, Trump TV launched on Facebook to over 8 million views — and the fact-free life became just a little more permanent.

Partisanship at the expense of facts isn't just an American phenomenon. During Brexit, the Leave Campaign promised 350 million pounds a week for Britain's health system. After they won, they denied ever making the promise.

Where facts are anyone's game, we can't be far away from Donald Trump declaring war on Genovia, the fictional nation from The Princess Diaries.

Doctor clarifies abortions



Genna Buck
Metro | Toronto

As she listened to Donald Trump describe Hillary Clinton's views on abortion as, "In the ninth month you can take the baby and rip the baby out of the womb of the mother just prior to the birth of the baby," at the U.S. presidential debate on Wednesday, Dr. Wendy Norman was disappointed, but not surprised.

"The inaccuracies are glaring and obvious and they are akin to many inaccuracies we've heard from this particular candidate," said Norman, a family physician and chair of Family Planning Public Health Research at the University of British Columbia.

The terms "partial-birth abortion" and "late-term abortion," which the moderator used in his question, are not medically accurate, Norman explained.

"The word 'term' refers to the time between 37 weeks and 42 weeks, when it's safe and normal for a baby to be born. There are no abortions happening then ... and abortions are not 'birth' processes," she said.

What pro-life advocates call "partial-birth abortion" is an intact dilation and extraction. It's used most often in second-trimester abortions (13-27 weeks of pregnancy) when there's been a diagnosis of devastating or fatal birth defects and an autopsy is needed or parents want a body to grieve over.

"These are necessary procedures," Norman said. "Women who are unfortunate enough to be faced with this decision at that point in their pregnancy usually have a number of calamities."

Rarely, the fetus is fine but the mother has faced "significant barriers to access care," like severe domestic violence, incest, or being so young that the pregnancy was diagnosed late," Norman said.

VICKY MOCHAMA



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Battle for Mosul escalates

Escapes under fire

IRAQ

Special forces join the fight as U.S. sees first campaign death

In a significant escalation of the battle for Mosul, elite Iraqi special forces joined the fight Thursday, unleashing a pre-dawn assault on a Daesh-held town east of the besieged city, and the U.S. military announced the first American combat death since the operation began.

U.S. officials said the American service member died Thursday from wounds sustained in a roadside bomb explosion north of Mosul. More than 100 U.S. special operations forces are embedded with Iraqi units in the offensive, and hundreds more are playing a support role in staging bases.

The American had been operating as an explosive ordnance disposal specialist in support of the Iraqi Kurdish force known as the peshmerga, the U.S. officials said, speaking on condi-



Iraqi army soldiers raise their weapons in celebration on the outskirts of Mosul, Iraq, on Thursday. THE ASSOCIATED PRESS

tion of anonymity because they were not authorized to publicly discuss details.

Roadside bombs and other improvised explosive devices pose a particular danger to advancing Iraqi forces and the U.S. advisers who are with them. The Daesh group, which has occupied Mosul for more than two years, has prepared extensive

defences in and around the city.

As they charged toward the town of Bartella, 15 kilometres from Mosul's outskirts, the Iraqi special forces faced another favoured weapon in the Daesh arsenal: armoured trucks packed with explosives and driven by suicide bombers. The militants' signature battlefield tactic, the weapons offered a glimpse at

what Iraqi forces can expect as they close in on the extremists' biggest urban bastion.

The pre-dawn assault on Bartella was part of a multi-pronged operation on eastern approaches to Mosul, Iraq's second-largest city. Attack helicopters strafed militant positions as they advanced amid a hail of gunfire.

The U.S.-trained special forces, officially known as the Counter Terrorism Service, are widely seen as Iraq's most professional and least sectarian fighters, and have served as the shock troops in previous campaigns against Daesh. They are expected to lead the charge into Mosul.

THE ASSOCIATED PRESS

ALEPPO

Escapes under fire

The Russian military says that in the first day of the pause in fighting over the Syrian city of Aleppo, the corridors set up for civilians to escape the besieged city and for rebels to make safe passage came under consistent fire.

A statement late Thursday from the military's "reconciliation centre" in Syria gave few details of the shooting. But it said eight wounded rebels were able to safely leave the city.

The statement also said that fighters of the Ahrar al-Sham shot 14 local representatives in eastern Aleppo who had been urging civilians and rebels to leave the area.

Meanwhile, UN Secretary-General Ban Ki-moon says nearly 500 people have been killed and almost 2,000 wounded since the Syrian government launched its offensive on the eastern, rebel-held part of the city of Aleppo on Sept. 23.

Ban says the city's besieged district has seen "the most sustained and intensive aerial bombardment" since the conflict began.

THE ASSOCIATED PRESS

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Cyberbullying 'mutes' voices

SAFETY

Harassment has effects beyond online



David P. Ball
Metro | Vancouver

A disturbing one-third of Canadians who use social media have been harassed or bullied online, according to a new poll — and for a quarter of them, the effects are being downloaded into their 'real lives.'

With just 11 per cent of the country not yet on Facebook, Twitter or other networks, an increasing number of people are finding themselves essentially silenced by the trolls, the Angus Reid Institute study found.

"It certainly mutes voices that might otherwise be heard," explained the non-profit polling organization's executive director, Shachi Kurl, in a phone interview. "Six-in-ten people on social media say they're not going to share things, deleting a tweet, removing a picture, or

60% 25%

Of Canadians who use social media, 60 per cent have been harassed or bullied online, according to a new poll.

deciding to not post something because they want to avoid unwelcome responses.

"They're self-censoring because they're worried about what the backlash could be, particularly from trolls."

This year, Ghostbusters star Leslie Jones was forced to leave Twitter after being hounded by thousands of trolls online waging a relentless online attack on the Black actor.

In Canada, elected Saskatchewan politician Ben Kautz apologized and resigned after he made a Facebook comment about the shooting of a young First Nations man in front of his three friends by a white farmer, saying, "His only mistake was

leaving three witnesses."

The results of the survey of Canadians were even worse among LGBTQ social media users — 58 per cent of whom reported being harassed on the platforms — 38 per cent of visible minorities, and nearly half of users age 18 to 34.

"Only 10 to 11 percent of Canadians say they're not using social media at all," Kurl said. But she emphasized that it's a myth that online bullying can be simply ignored by logging off.

"Of those who say they've been harassed on social media in some way, about one-in-four say it's actually followed them into their real lives," she said,

Of Canadians who have been harassed on social media, one in four say the effects of have seeped into their real lives.

"and it's a little higher for women than for men.

"There can be a sense of minimizing it. 'It's just on social media, it's not real' ... the notion that it's just a screen, not a person. But there's a real-life impact to this."

Among women on social media, the poll found 28 per cent said "their experiences with harassment on social have had an impact on their real lives," nine points more than for men.

The ways online harassment is impacting people offline include changing real-world habits after receiving threats (57 per cent), one-third who found it affected their relationships with family or friends,

and nearly as many who "received unwelcome phone calls/messages/texts" (31 per cent).

More than one in ten victims on online harassment said they were followed or stalked "in person," while eight per cent said they had to change their place of work or school afterwards.

Kurl said that Canadians appear to be not taking the abuse quietly, however; the majority called for social media companies to do more in combatting bullying on their platforms.

The Angus Reid Institute poll surveyed 1,530 Canadians online, and had a margin of error equivalent to 2.5 per cent, 19 times out of 20.

IN BRIEF

Justice minister names 24 new judges

Justice Minister Jody Wilson-Raybould appointed or promoted 24 judges Thursday as she unveiled sweeping changes to the way jurists in this country are appointed.

The government is also disbanding the current judicial advisory committees that screen potential candidates for judicial positions. They will form new ones with seven members, no longer requiring one of them to be a representative from the law enforcement community and allowing judges on the committees to vote. THE CANADIAN PRESS

PM committed to electoral reform

Justin Trudeau says he remains "deeply committed" to reforming the voting system. Trudeau reaffirmed his commitment Thursday, after he appeared to be preparing to renege on his promise that the 2015 federal election would be the last conducted under the first-past-the-post process. THE CANADIAN PRESS

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metro



DECODED by Genna Buck and Andrés Plana

YOUR FLU SHOT QUESTIONS, ANSWERED

We asked Metro readers what they want to know about the flu shot, and their reasons for not getting the jab. We put them to expert **Dr. Allison McGeer**. She says you shouldn't throw away your shot to fight flu.

“Why are scientists so bad at choosing the strain for the flu shot? Last year it was 45-50 per cent effective; in 2014-2015 just 23 per cent.” The World Health Organization chooses the strains. They're actually really good at it. It's just hard. Influenza viruses are changing all the time. It's how they escape our immune system. There are billions of influenza viruses, and WHO experts have to predict the one that's going to be the most common next year. 156 countries have a national lab that selects new and different viruses to send up to the WHO so they can test them and look at the direction viruses are going in. They're getting better. But it takes six months to make a flu vaccine.

“How fast do flu viruses change?” Depends on the strain. H1N1 doesn't change that much. But H3N2 can change a lot in a month. It doesn't always. But it changes enough that often, within a year, we give the virus a new name. And that's an indication that it's changed enough to pretty much infect everyone in the world again.

Got the flu?

Runny, stuffed-up nose, sore throat and a bad cough could be signs of influenza or a less dangerous virus like the common cold. These are telltale signs of flu:

- ☐ Sudden high fever (39- 40 C or 102-104 F)
- ☐ Severe headache
- ☐ Severe body aches
- ☐ Extreme fatigue
- ☐ 7-10+ day recovery
- ☐ Sometimes nausea, vomiting and diarrhea (especially in children)

Source: Public Health Agency of Canada



Allison McGeer is head of infection control at Mt. Sinai hospital. She has been part of Canada's National Advisory Committee on Immunization and a consultant to the World Health Organization. TORSTAR NEWS SERVICE

“We just don't respect influenza.”
Dr. Allison McGeer

“Does it matter when you get the shot? Early or close to flu season?” There's a lot of argument about that. If you're young and healthy, it probably doesn't matter. If you're older, it's probably better to get it a little closer to flu season. So I wouldn't get it in August, but the difference between October and November is probably not significant.

“I'm afraid the flu shot will weaken me for when the superbug wipes out mankind. I prefer to develop my own antibodies.” That's like saying “I want to swim across Lake Ontario, and it's better if I don't practise.” A vaccine allows your immune system to train itself to fight a particular bug. Illness does give you immunity and protection going forward, but then again so does vaccination. There's nothing different about being 60 per cent protected by illness and 60 per cent protected by the vaccination. And if you get infected, you get sick.

“Why does the flu shot give me a sore arm?” Because your immune system is reacting in that area to the vaccine. Taking Tylenol before getting the needle works better for pain than waiting until afterwards.

BY THE NUMBERS

~1 in 3 cases of flu-like illness is influenza virus.



“I got the flu shot last year and I still got the flu four times. What's up?” The flu shot only prevents influenza. And influenza is about a third of influenza-like illness. You can get the flu vaccine and still get what feels like flu a couple of times a year. If you're judging the effectiveness of the shot based on your experience, you're trying to measure a one-third reduction in flu. It's just not possible to tell that's happening. You don't wear your seat belt because of your own personal experience in a car crash. You have to get the shot because you know the data shows it works and that if you do get flu, you'll be less sick.

“Aren't you basically injecting me with a strain of the flu? How is it impossible for it to make me sick?” The only vaccine that has live virus is the nasal spray. We've never used much of that in Canada. The injectable ones have no live virus, just pieces of viruses. No way you can get the flu from that.

“The flu shot is 50 or 60 per cent effective in a good year. Why bother?” I don't expect anything else in my life to be 100 per cent effective. The flu vaccine is way less than perfect. There are some other things you can do — wash your hands, make sure people stay home if they're sick, practise respiratory etiquette — but there is not as good evidence for them as there is for the vaccine.

“Do deaths and hospitalizations go down when there is universal flu vaccination? Is it worth it?” There's an analysis of the impact of the universal flu vaccine in Ontario by a guy called Jeff Kwong. And he found the program is cost effective. (Kwong's 2010 study showed that universal flu shots caused a 61 per cent reduction in flu cases and 28 per cent reduction in deaths, as compared to a program where only high-risk people get flu shots. The net cost to the health care system was \$2.60 per shot).

“In 2014-2015, people who got the flu shot every year were actually more likely to get the flu than others. How did that happen? And how can we make sure it doesn't happen again?” We've been making and using influenza vaccines pretty reliably since the early 1940s. And the 2014-2015 flu season was the first time we had this degree of mismatch (the wrong strain of H3N2 flu was chosen). It's not very likely to happen again. As with most disasters, it's not just one thing that went wrong. There was also a problem adapting that particular strain (for the vaccine). We learned that if the change in the virus is just right, if you get vaccinated in two years, your protection in the second year is not as good as the protection of a person who did not get vaccinated last year but did get the vaccine this year. This doesn't happen every year. And in our (forthcoming) study of health care workers, those who had the vaccine for 20+ years were as well protected as those who had been vaccinated less often.

Why eggs?

Flu shots contain traces of egg because an egg is just a better way to grow viruses than anything else we had when we started making flu vaccines. We're getting close to alternatives, but we're not there yet. — Dr. McGeer

“Zinc, echinacea, Vitamin C, Vitamin B, ginger — any truth to these earthy alternative flu treatments?” There is no evidence that any of those things reduce either the frequency or severity of symptoms. Wish they did, but they don't.

“Why are people so skeptical about the benefit of flu shots?” You worry about things that are foreign and strange and rare, not things that are common. We just don't respect influenza. As a healthy adult, for example, I'm more likely to die of flu than meningitis. Meningitis is uncommon, but if you get it it's really bad, so that makes it very scary.

This interview has been edited and condensed for clarity.

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Elizabeth Reaser, Lulu Wilson and Henry Thomas in *Ouija: Origin of Evil*, which tells a terrifying new tale as the follow-up to 2014's sleeper hit that opened at number one. For 100 years *Ouija* Boards have caused trouble on the big screen, with characters using the witch-boards to communicate with the dead with disastrous results. UNIVERSAL STUDIOS

Ouija board: A movie history

IN FOCUS

Spirits make their presence known in very horrific ways

Richard Crouse
For Metro Canada



For almost 100 years *Ouija* Boards have caused trouble on the big screen. From the 1920 movie *Ouija Board* to this weekend's *Ouija: Origin of Evil*, characters have used witch-boards to communicate with the dead to disastrous results.

The most famous *Ouija* design features the alphabet, numbers from zero to nine, and the words yes, no and goodbye printed on the board in an elaborate font. The spirits use a wooden heart-shaped planchette or a pointer to answer the living's questions from beyond.

Changes have been made to the basic design over the years. There have been glow-in-the-dark versions, a pink board marketed to teen girls and one with a light up planchette that illuminates the board's hidden messages. Whatever the look, the spirit board has also been a springboard for many movies.

The 1960 film *13 Ghosts* begins when a wealthy occult-

MOVIE RATINGS by Richard Crouse

Jack Reacher: Never Go Back	★★★
<i>Ouija: Origin of Evil</i>	★★★
Keeping up with the Joneses	★★
Mean Dreams	★★★
The Hotel Dieu	★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

ist bequeaths his home to his nephew. In a scene that almost plays like a commercial for *Ouija*, the home's new residents soon discover a spirit board.

"*Ouija*, the mystifying oracle," says Medea (Jo Morrow), "the most modern method of fortune telling. Anyone want to try it?" They gather round the board and ask, "Are there

any ghosts in this house?" The answer is yes and soon the spirits make their presence known.

The kitschy movie was a hit and helped spark the *Ouija* craze of the 1960s, which hit a high in 1967 when sales of the talking boards surpassed Monopoly. "In the late 1800s continuing all the way into

the 1960s, the *Ouija* board was considered good, clean, family fun," says designer Roman Mars. Then in 1973, along came a movie that scared audiences and consumers alike.

The *Exorcist*, the most famous of all demon possession movies, is based in part on the 1949 case of an anonymous Maryland teenager. The Catholic Church declared the boy to be under a diabolical spell when strange things started happening — levitating furniture and holy water vials crashing to the ground — after he played with a *Ouija* board.

In the famous film a teenage girl is possessed by a demon after she finds an old *Ouija* Board in a closet. Play-

ing with the board, she encounters Captain Howdy, a.k.a. Pazuzu, king of the demons of the wind. "I ask the questions and he gives the answers!" she says before her head starts spinning.

Ouija historian Robert Murch compares *The Exorcist*'s effect on the decline in popularity of the boards to a famous thriller's influence on everyday hygiene.

"It's kind of like *Psycho*," he says. "No one was afraid of showers until that scene."

Immediately following the release of *The Exorcist* witch-boards were suddenly perceived as an instrument of the devil, a conduit between demons and regular folks.

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I fought the Raging Boll — and lost

ESSAY

Filmmaker got his revenge for scathing reviews

Chris Alexander
For Metro Canada



The following is a true story.

Ten years ago, I was passing the time as one of the myriad know-it-all critics making sport of Uwe Boll's career.

He was fun to kick around. Easy prey.

And even more confounding than his movies was his loud, vulgar, cartoonish persona.

He was like strange cinema's answer to Donald Trump and I, along with dozens of others, had a ball with our Boll-bashing.

Eventually, Uwe had had enough and he put out a public call to his detractors to "put up or shut up," to literally fight him in the boxing ring in a highly publicized stunt dubbed "Raging Boll."

The spirit of Andy Kaufman was alive and well and living in a five-foot-tall German filmmaker.

Naturally, I signed up. And surprisingly, I was the only Canadian chosen to be his opponent.

And while most of the other 'net scribbling numbskulls' perceived this to be a lark, I didn't.

Well, I did, but I knew Boll was a bit nuts.

And I knew he had actually boxed back in the Fatherland.

So I trained. I hired a boxing coach named Wayne Borque, who had helped train the fighters in the film *Cinderella Man* to teach me some moves.

I punched stuff.

I did ridiculous amounts of cardio.

I went on MTV to promote the fight and adopted a horror nerd version of a Mohammed Ali mantra: "I'm gonna put Boll to bed for House of the Dead! He's gonna feel pain for making Bloodrayne! You've heard of the Thrilla in Manila? This is the Manuever in Vancouver!"

And indeed I and three other idiots were flown to Vancouver, to the Plaza of Nations, to actually fight Boll in front of a crowd of hundreds, most of them friends of Boll's (including actors Michael Pare and Kristianna Lokken) along with members of the curious international press.

I watched the other shmucks get their rumps handed to them, shocked that the stocky and muscle-bound Boll was actually playing to win and punching to hurt. I saw them all fall. One of them vomited.

And then it was my turn.

I jumped in, fists flying. The crowd roared. I blocked punches, danced around and landed more than a few blows of my own, getting Boll up against the ropes. It was a fair fight!

At the end of the first round, my corner man gave me a water bottle that was ac-

tually filled with fake blood.

I guzzled the bitter fluid and when the bell rang I jumped back in. I waited. I let Boll hit me. I spat the blood at him. The crowd cheered thinking that the gore was real.

The ref asked me if I wanted to end the fight and I told him that the blood was in fact phony.

Boll was not happy with the gag and came at me with a haymaker shot to the skull.

Down I went. I got back up, dizzy, and came out again. Another clobbering blow to the head sent me crumpling to the mat. I didn't get up after that. Fight over.

But oddly, after this, Uwe respected me.

I was playing to win, taking the blows, just like he did, every day, putting his balls on the block with every film he was making.

He actually invited me to his beach house the next day and I was astonished to learn that he was incredibly intelligent and knew virtually everything about cinema history.

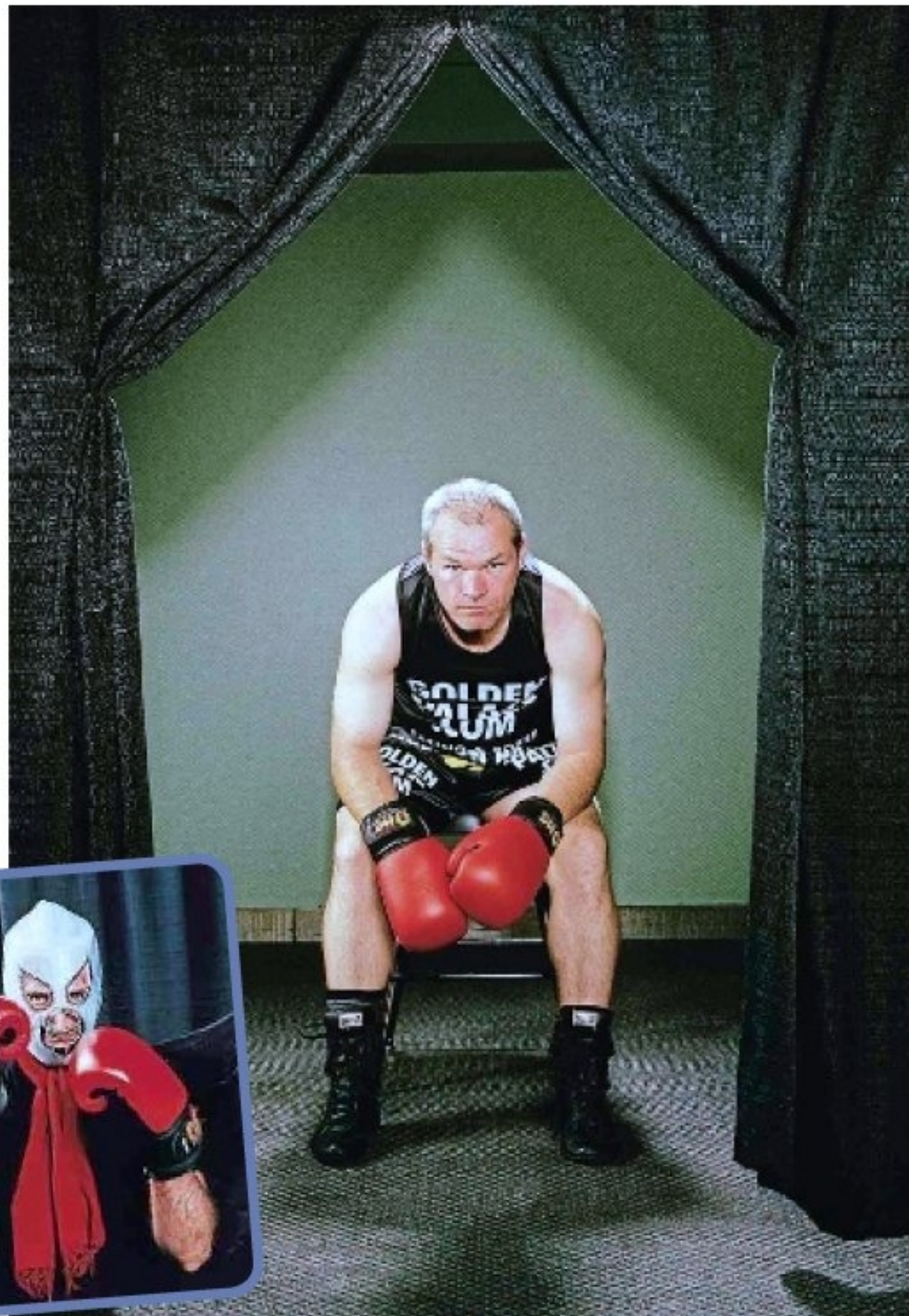
We became friends. I'd like to think we still are.

Recently, I came home and my nine-year-old son Jack said some dude who talked funny called and was asking for "Creees Al-ax-an-dah."

Jack had hung up, thinking it was one of those pesky telemarketers.

That dude was in fact Uwe Boll.

Long may he rage.



A decade ago, Chris Alexander (inset) fought Uwe Boll in a boxing match in Vancouver. Boll challenged critics who'd used him as a punching bag to step into the ring with him. GREGG SEGAL

I'm gonna put Boll to bed for House of the Dead! He's gonna feel pain for making Bloodrayne!

Chris Alexander's Mohammed Ali-esque mantra for boxing Uwe Boll

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INTERVIEW

Uwe Boll's Rampage of terrible films is finished



Rampage: President Down, will be Uwe Boll's final film, he says. "The market is dead. You don't make any money anymore on movies." CONTRIBUTED

Richard Crouse

For Metro Canada



The critics won't have Uwe Boll to kick around anymore.

The German filmmaker, who once played Adolph Hitler in an action comedy film called *Blubberella*, is best known for adapting video games like *House of the Dead*, *BloodRayne* and *Dungeon Siege* into movies.

He's never had an easy ride with reviewers — the *San Francisco Chronicle's* Peter Hartlaub called *Alone in the Dark*, "a film so mind-blowingly horrible that it teeters on the edge of cinematic immortality"—and earned the nickname *The Raging Boll* after challenging his worst critics a "put up or shut up" boxing match.

He knocked out each of his four opponents, landing a blow for anyone who has ever suffered a bad review.

Now he's done. The release of *Rampage: President Down* is his swan song, the final film he will direct he says, in part, because his politically charged movies have "no impact."

"*Rampage 3* will be watched on Netflix, DVD or iTunes or whatever," he says.

"They'll say, 'That wonderful movie! I liked it blah, blah, blah,' then watch *Avengers*. With streaming everywhere there is just a big wave of movies flooding around and you have no impact."

"The market is dead," he adds, "you don't make any money anymore on movies because the DVD and Blu Ray market worldwide has dropped 80 per cent in the last three years. That is the real reason; I just cannot afford to make movies."

"I can't go back to student filmmaking because I have made so many movies in my life, and I can't make cheaper and cheaper movies at my age. It's a shame. I would be happy to make movies but it is just not financially profitable."

Boll says he's been self-financing his films for over a decade.

"I never had people giving me money," he says.

"I've been using my money since 2005 and if I hadn't made the stupid video game based movies I would never have amalgamated the capital so I could say, 'Let's make the *Darfur* movie.' I don't need a Ferrari, I don't need a yacht. I invested in my own movies and I lost money."

He may have gone in the

hole on films like *Attack on Darfur* and *Assault on Wall Street*, but he's proud of their grit and realism.

"It's way better than *Wall Street 2* by Oliver Stone," he boasts. "It's better researched, it's better written, it's better, but it doesn't have Michael Douglas."

He says his movies are concrete, as they portray "real issues."

"It's not *Jason Bourne* or any bulls— movie where they make stuff up. My movies are real."

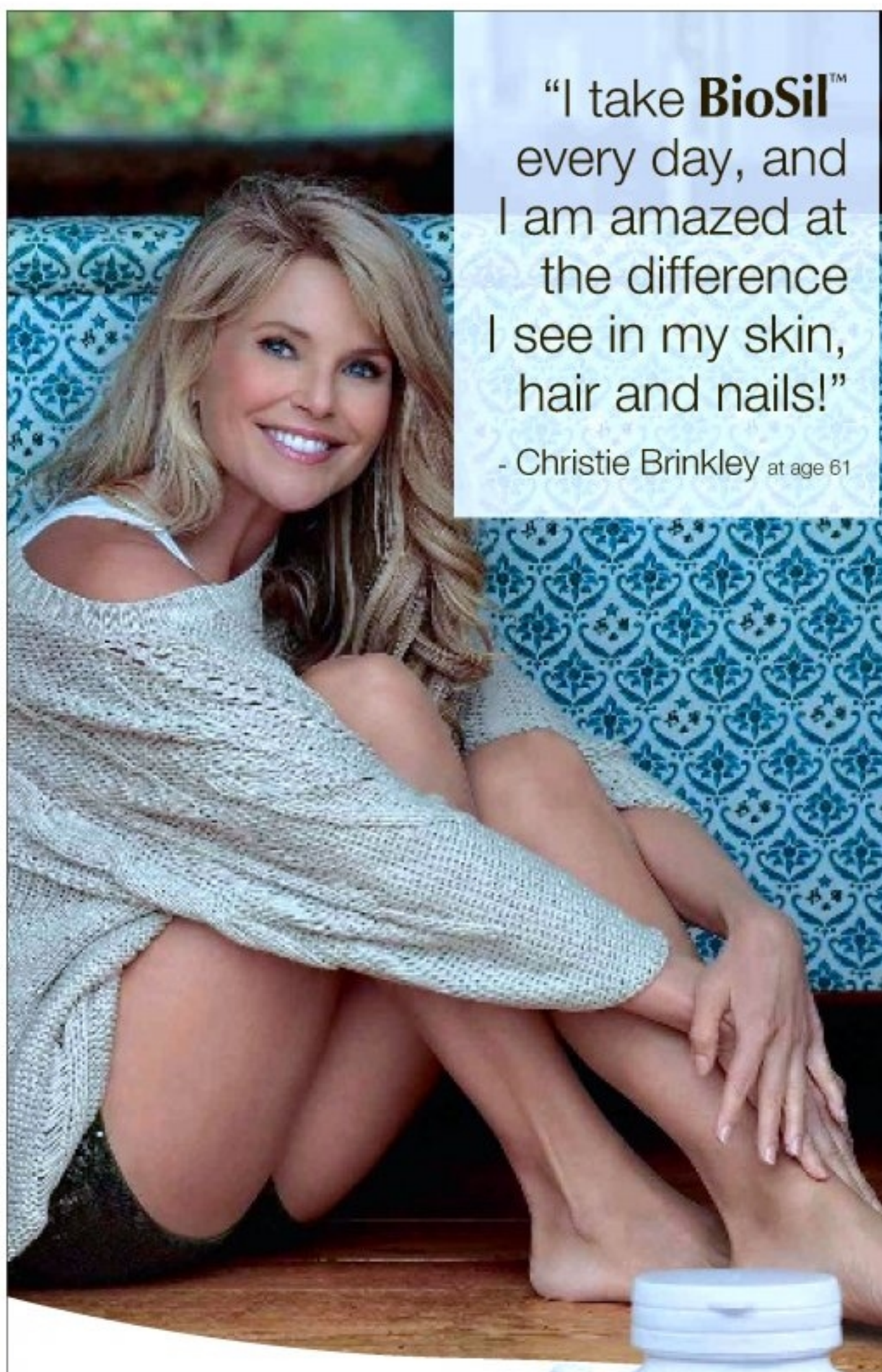
With *Rampage: President Down* hitting iTunes, Boll will now spend his time attending to his film distribution business and his Vancouver restaurant *Bauhaus* (which the food critics love, by the way). As for his critics he hopes they'll take time to watch his movies.

"Now when I don't make any more movies," he says, "maybe they'll find the time to actually watch the movies, starting with *Postal* in 2005, the movies of the last ten years."

"They will see they were a lot of very interesting movies and a lot of movies that I think made sense and said a point about things. They deserve to be discussed bigger than they were."

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FILMMAKER

McGregor's directorial debut came by chance

The path to Ewan McGregor's feature directorial debut was a long, winding one beset with bouts of insecurity — and a roadblock by a Quebec filmmaker.

The Scottish *Trainspotting* star says *American Pastoral*, out Friday in Toronto and Vancouver, isn't the first feature he wanted to direct.

He previously targeted Alessandro Baricco's novel *Silk* for an adaptation, but it was ultimately directed by Montreal's Francois Girard with Keira Knightley in a leading role.

After eyeing another film that also didn't work out for him to direct, McGregor eventually came to helm *American Pastoral*. But only after a few pre-production hiccups.

McGregor first signed on to only star in the family drama, which is based on Philip Roth's Pulitzer Prize-winning novel.

He plays a successful 1960s business owner married to a

former beauty queen, played by Jennifer Connelly, in Newark, N.J. Their seemingly idyllic family crumbles when their daughter, played by Dakota Fanning, becomes involved with a violent movement against the Vietnam War.

McGregor said the key cast was set but they couldn't nail down a director. His agent pushed him to take on the role.

McGregor sat down with the script and called Lakeshore Entertainment founder Tom Rosenberg to plead his case.

"I said, 'Maybe I could do it, maybe you could trust me to direct it.'"

McGregor was undaunted by the pressure involved with taking on such a revered novel.

"I just saw it as an amazing story and I would much rather be tackling something complicated and interesting with my first movie than something banal and silly."

THE ASSOCIATED PRESS

Fanning cherishes role of '60s radical

Dakota Fanning, who co-stars in the upcoming drama *American Pastoral*, says after more than 16 years in showbiz, getting behind the camera as a director is something she's becoming ready for. CONTRIBUTED

FILM

Actress plays radicalized teen in *American Pastoral*

Steve Gow
For Metro Canada



Most child actors struggle to grow up in such a cutthroat business as Hollywood. Many wind up cast aside, forgotten and jaded. Not Dakota Fanning.

"I still enjoy the process of making films more than any-

thing in my life," insisted the 22-year-old actress recently at the Toronto International Film Fest.

"Because I did start out so young, I think I've been able to maintain, not a childlike perspective, but I still come to the process with a real enthusiasm and that hasn't gone away."

It's certainly refreshing to not only find someone so upbeat about Hollywood, but to still be as enthusiastic about their future prospects.

For Fanning, that includes her upcoming acclaimed drama *American Pastoral*, in which she plays a teenaged daughter who disappears after becoming radicalized in the social upheaval of

the '60s until her father (Ewan McGregor) discovers her.

"This character is kind of a once-in-a-lifetime role and this sort of complex role doesn't come along very often, so I was in no matter what," said Fanning of Ewan McGregor's directorial debut. "For me it's just about the role itself (and) this one is set during a very tumultuous time and there's definitely a lot to explore there."

While Fanning was involved before McGregor climbed into the director's chair, she was still struck by the actor's debut. And having worked with Hollywood's greatest auteurs — from Steven Spielberg (*War of the Worlds*)

to the late-Tony Scott (*Man on Fire*) — she certainly speaks from experience.

"The best directors have an understanding of actors. He definitely has a deeper understanding because he is one," said Fanning of McGregor.

With more than 16 years in showbiz, Fanning has surely earned an education in filmmaking. In fact, while she stops short of admitting she has any projects in the works, she isn't looking too far ahead to get behind the camera herself.

"Being a director is something that I'm becoming ready for and it's something I'd really like to do."



American Pastoral director Ewan McGregor. CONTRIBUTED



90s to now

Break the routine.
mix means variety.

Cobie Smulders packs a punch

INTERVIEW

Actress trained hard to play military woman in Jack Reacher

Richard Crouse
For Metro Canada



Cobie Smulders has been in action movies aplenty, but she's rarely part of the action. That changes in Jack Reacher: Never Go Back.

Opposite Tom Cruise, Smulders plays Major Susan Turner, a decorated soldier accused of espionage. To prove her innocence she teams with Jack Reacher in a battle for the truth.

"I was really excited about doing some action scenes," says the Canadian born actress who played former director of the planetary intelligence service S.H.I.E.L.D. Maria Hill in various Avengers movies as well as on television.

"I'd done some quote, unquote action movies before, through The Avengers and

the Marvel Universe. I'd be part of some of their stuff but I missed out on most of the fun fight sequences.

"Jumping on this, I knew I would get to do more fighting, hands on, rather than standing next to the superheroes while they do all the fighting."

She has more than her share of up-close-and-personal battle sequences, bare knuckling her way through the story at a breakneck pace, but were the scenes as fun to shoot as she thought they would be?

"That's a great question because sometimes they are not," she laughs. "They are quite technical and they can drag on. When it is fast and intense, they're really fun because it's like an adrenaline rush."

"It's like doing a choreographed dance with somebody."

"But when they drag on and it becomes about the minutia of like, 'We have to do the insert of the picking up of the meat tenderizer and we have to do it from this angle and that angle,' it takes the magic out of it."

A magical experience or



Cobie Smulders says the days on the Jack Reacher set were intense, but reminded herself of what real-life women in the military go through to find the inspiration. CONTRIBUTED

not, Smulders, who will next be seen in the action comedy Why We're Killing Gunther opposite Arnold Schwarzenegger, says the scenes helped her performance.

"For me all the training and all the fighting helped me get into the character," she says.

"There were days when



There were days when I would push past breaking points

Cobie Smulders

I would push past breaking points and think, I can't take this anymore, and then I would go further.

"It got easier and easier. It was really painful at first but I always kept that in the back of my mind, what this woman would have had to go through, and what women and

men in the military have to go through.

"I think anybody who decides to enlist in the military and do all the work it takes to become a major is somebody who is much stronger than I will ever be."

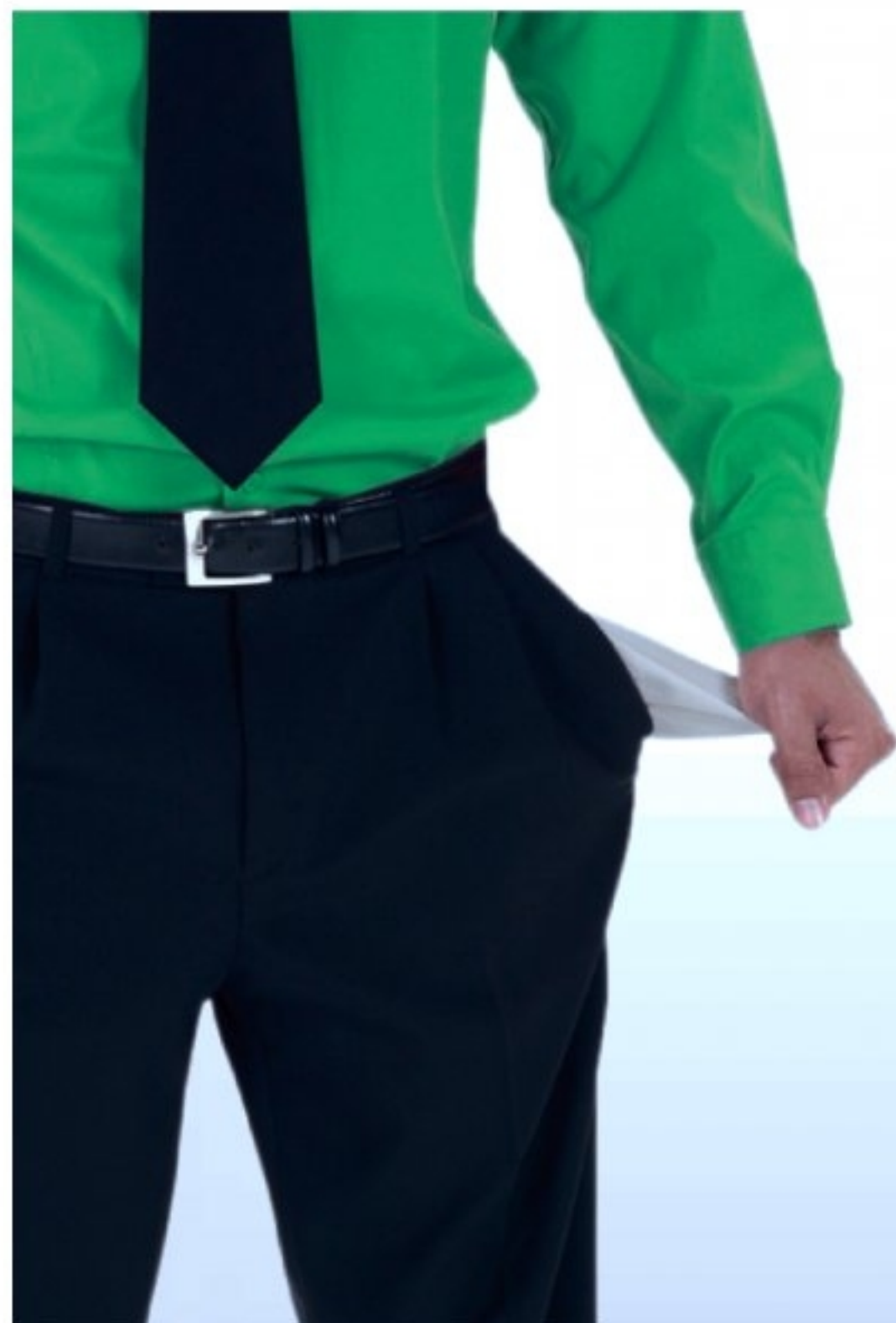
"She's a woman we say has graduated Ranger School."

"When we started shooting the movie that hadn't happened yet; no women had graduated from Ranger School."

"Then during the shoot the first two women graduated. If I am playing a woman who can endure that type of training, then this should be like a piece of cake, what I'm doing on set."

Cruise and Smulders play a sort of Mr. & Mrs. Smith, a deadly duo who never allow romance to get in the way of their appetite for bodily destruction. Their relationship is a mix of Roadhouse style fighting and humorous rom-com dialogue.

"To not have these characters get together romantically," Smulders says, "was more interesting to watch than having a love scene in the middle of the movie."



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BON JOVI

Sets record straight on buying Titans

Bon Jovi's upcoming album is entitled, *This House is Not For Sale*, and apparently neither are the Tennessee Titans.

Earlier this week, CBS Sports reported that Bon Jovi and Peyton Manning were "monitoring the Tennessee Titans ownership situation," leading to speculation they were looking

to purchase the Nashville-based football team. That prompted Titans acting owner, Amy Adams Strunk to say the team is not for sale.

On Wednesday, Jon Bon Jovi sat down with The Associated Press to set the record straight.

"Let me dispel the rumours right now," he said with a laugh. "I wake up to these headlines with my name on them and they're just not true. I want to make it perfectly clear that the team is not for sale, nor has it ever been, and I respect and admire (late franchise founder) Bud Adams' legacy. End of story, I wish them all the success in the world."

He added: "You wake up to that and you're, 'Wait a minute. I don't want to upset anybody. I didn't do anything.'"

While the New Jersey rocker hopes to add NFL owner to his resume one day, it's not happening yet.

"I love the NFL, and I did in fact try to buy the Buffalo Bills, but this has nothing to do with that. All I'm doing — I'm in the music business. End of story,"

THE ASSOCIATED PRESS



Singer Jon Bon Jovi dispels headline rumours about him and Peyton Manning buying a football team. GETTY IMAGES

A Nasty boost



MOCKING CLINTON SONG STREAMS UP 250 PER CENT SINCE DEBATE Donald Trump's labelling of Hillary Clinton as "such a nasty woman" during the final presidential debate has given a boost to Janet Jackson's 1986 hit, *Nasty*. Spotify says streams of *Nasty* are up 250 per cent, though the company wouldn't release specific numbers. Some Twitter users are having fun with the comment Trump made Wednesday night. One video being shared features Jackson's video for the song with Clinton's face crudely pasted over top of the singer's. It references the song's lyrics with the note, "It's Hillary. Madame President If You're Nasty." THE ASSOCIATED PRESS, FILE PHOTO BY CHRIS PIZZELLO/INVISION/AP



Grammy Winner Bruno Mars has a new party anthem out called *24K Magic*. "Hopefully everyone's partying with us," says Mars, of his live shows. PHOTO BY MATT SAYLES/INVISION/AP

GROOVY HIT

Bruno Mars is pop's ultimate party boy

While the world was busy dancing to Bruno Mars' *Uptown Funk* at the top of 2015, the singer was partying in the studio and creating his latest groovy hit.

The Grammy-winning star said in an interview with The Associated Press he wrote *24K Magic* around the time *Uptown Funk* topped the Billboard Hot 100 chart last year. *24K Magic* debuted at No. 5 on the Hot 100 chart this week.

The new party anthem was launched with a music video to match its celebratory flavour. So far, it's racked up more than 46 million views on YouTube.

"You want to kick the door down instead of politely say, 'Hey guys, check this out.' So I think that was the whole objective — to make sure the visual came with the song so people can know, 'When we wrote this, this is what we felt like,'" Mars said. "When I'm performing, this is what I want you to feel like. Hopefully everyone's partying with us."

Mars performed the song, his 13th Top 10 hit on the Hot 100 chart, on *Saturday Night Live* last weekend. The tune comes after the massive success of *Uptown Funk* with Mark Ronson, which

recently hit RIAA diamond status and won two Grammy Awards this year, including record of the year.

24K Magic is the first single — or invitation to the party as Mars puts it — for his third album of the same name, to be released Nov. 18. Two days later, he'll open the 2016 American Music Awards with a live performance.

The singer-songwriter-producer says when he first came up with the treatment for the video, which features his signature dance moves, playful band and colorful fashion, he overthought it.

"For weeks and weeks and weeks, I wanna say a year, I was thinking about what the video's going to be ... how are we going to distance it from the other videos I've done and do something special. And every time I came up with a concept it wasn't what the song (was about). The song sounds like a party. So it was like, 'Don't try to go against the grain,'" said Mars, who co-directed the clip.

When the pop star was in Las Vegas, a light bulb turned on. "I was like, 'This is what we got to do. Fly the guys down. Turn the camera on.'" THE ASSOCIATED PRESS

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Issa Rae blazes trail in HBO's Insecure

STRONG VOICE

Funny hit show tells different story about black culture

For Issa Rae, it feels like the 1990s.

The creator and star of the HBO series *Insecure* said she's enjoying the debut of her TV show at a time when popular shows telling different stories about black culture are on the scene, from Ava DuVernay's *Queen Sugar* to Donald Glover's *Atlanta* to Cheo Hodari Coker's *Luke Cage*.

It reminds her of when shows like *The Fresh Prince of Bel-Air*, *Living Single*, *Family Matters* and *Martin* dominated on television.

"It's dope that there's like a new renaissance. ... I love that I'm not alone," Rae, 31, said in a recent interview. "We worked really hard to include people of colour behind the scenes. That was a big thing for us."

She gives a lot of credit to Shonda Rhimes, the television mogul behind successes like *Scandal*, *How to Get Away with Murder* and *Grey's Anatomy*.

"She kind of ushered us all in, in a sense," Rae said, "but then a lot of the questions were like, 'Why is this black female character like this?' ... So I'm grateful that we're not going to have (questions like), 'Why is the black girl like this?'"

"There are so many different stories that we're able to tell at the same time to show how rich our culture is and

that's a great feeling."

Before Rae developed *Insecure* — partly based on her life and her hit web series *Awkward Black Girl* — she worked with Rhimes on a pilot about dating in Los Angeles.

Things didn't work out for the rising star, who said at the time that she "wasn't good at navigating the notes between the network and studio."

"I was too eager to please," she said. "It showed me that I needed to be stronger in my voice."

That's when HBO called. Did Rae have anything to pitch to the network? She did. *Insecure*, a hilarious, adventurous show (Sundays, 10:30 p.m. Eastern, on HBO), that follows Issa Dee (Rae) and best friend Molly Carter (Yvonne Orji) as black women on the brink of turning 30 who are navigating their love lives and professional careers.

"They're really good about getting out (of) the way of the cultural element of the show and making sure your voice shines through," she said about the executives at HBO (the network recently offered Rae a production deal to develop more content).

Rae built a strong team to help her find her voice for *Insecure*: Larry Wilmore is her co-creator; Prentice Penny, who has worked on *Brooklyn Nine-Nine* and *Scrubs*, is the show runner; and Melina Matsoukas, the Grammy-winning director behind music videos for Beyoncé and Rihanna, directs some of the episodes.

Matsoukas, who marks her TV directing debut, is one of many music ties to the show. Grammy-winning



Before Issa Rae developed *Insecure* — partly based on her life and her hit web series *Awkward Black Girl* — she worked with television mogul Shonda Rhimes on a pilot about dating in Los Angeles. HANDOUT

singer-songwriter-producer Raphael Saadiq composed the music, and Solange Knowles is a music consultant.

Rae is also musically inclined. In the series, she breaks out into comical, emotional raps to cope with life.

She says rapping is "for

fun" — sort of.

"My friends and I have a ratchet rap group, (and) for a second, (we) toyed about taking it seriously, but I'm not a rapper."

"It's all when I have alcohol in my system."

THE ASSOCIATED PRESS



I was too eager to please. It showed me that I needed to be stronger in my voice.

Issa Rae, on why it didn't work out with a show about dating in LA that she was working on with Shonda Rhimes

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KAREN KWAN FOR METRO



Soaking in St. Lucia

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While the ultimate splurge on accommodations in Saint Lucia would be the eclectically designed **Jade Mountain** (shown above), where spacious suites feature only three walls – in place of the fourth is an infinity pool and view of the Pitons – book at its sister resort, **Anse Chastenet**, where the rooms have a folksy appeal and (bonus!) you're closer to the beach. At **Stonefield Estate**, you'll be blessed with an even closer view of Petit Piton from your villa and spectacular sunset views.

Devour in local foods such as saltfish, bakes and starchy provisions (not to mention swigging rum from **Saint Lucia Distillers Chairman's Reserve**) guilt-free when you work up a sweat hiking with a guide to the peak of **Gros Piton**, which stands 2,619 feet above sea level. For a much less strenuous but almost as rewarding view, the easy stroll along the **Tet Paul Nature Trail** will reward you with top-notch vantage points of both iconic volcanic mountains.

Nestled between the Pitons, **Sugar Beach, A Viceroy Resort**, is one of the most stunning spots to swim in Saint Lucia, which is where Matt Damon and his wife rented out to renew their vows. Not a guest of the Viceroy? Not a problem. **All beaches in Saint Lucia are public**, so you're permitted to access this beach through the posh property.

At the luxurious **Kai Koko Spa at Ti Kaye Resort**, set on a cliff with expansive views of Anse Cochon below, detox with the spa's signature 90-minute **Get Dirty Sulphuric Mud Wrap** that'll help reinvigorate you while protecting your skin. Or, DIY alongside locals at the **Sulphur Springs near Soufriere**, at the mud baths where you soak in the natural, open-air hot water pool (which reaches 38C), slather yourself with mud, let it dry, then another hot water soak, and finally a quick rinse in the shower (tip: BYO towel).



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Culture is on the walls in Montreal



Arthur Gaillard (left), artistic director of MASSIVart, the creative agency behind the graffiti-esque decor at E.A.T. restaurant in W Montreal hotel, calls it "street-art inspired." PROVIDED

QUEBEC

City is turning into a work of art with new installations

Chris Lackner
For Torstar News Service

As I savour every last morsel of my melt-in-your-mouth tuna tartare, Mozart, Marilyn Monroe, James Dean and Darth Vader all seem to eye my plate hungrily.

Their images are splattered across the walls of Étre Avec Toi (E.A.T.) in W Montreal hotel, along with the likes of hockey legend Maurice "The Rocket" Richard, Batman and Mr. T.

It's an impressive list of regulars. Who knew Montreal would be able to deliver my dream dinner party?

But that's the magic of a city steadily becoming a living, breathing work of art. Through the likes of murals and new multimedia installations, all of Montreal seems to be a canvas.

There's no place that demonstrates that better than E.A.T. The wall art, from deviant wildlife to pop-culture mash-ups, was created by a who's who of famous graffiti and street artists — most of them local.

Arthur Gaillard, artistic director of MASSIVart, the creative agency behind the decor, calls it "street-art inspired."

Beyond minor space and colour constraints, each artist was free to follow their muse. "The history of Montreal street art is found in here," Gaillard says, noting MASSIVart aims to make

art more accessible to the broader public.

Montreal's annual MURAL festival takes that same attitude to the city's walls. The 2016 edition included new murals from local E.A.T. contributors like Stikki Peaches, and international artists like Israel's Klone Yourself, New York's Buff Monster and England's D*Face.

André Bathalon, co-founder of MURAL, says the fest has produced nearly 20 new murals each year since 2013, and maintains a growing legacy of over 50 permanent pieces on Montreal's walls. They even employ a repair artist for touch-ups.

"Once the party is over, the art stays on the wall," he explains. "The murals become landmarks or beacons. This is art tourism, a walk of discovery."

The murals are all found in the vicinity of Boulevard Saint-Laurent, which is closed to traffic for the June festival. The multi-storey murals pop out in unique ways depending on factors like sunlight, and your distance and angle.

From a mystical weeping woman, and a boy with a sling shot aimed at the stars, to a jungle-themed old comic book cover, the murals feel like magical little windows in the urban landscape. Sidewalks are fair game, too. On one corner, I'm forced to step on the drawing of a giant, 25-foot long pink squid, his long tentacles reaching over the sidewalk and into a nearby sewer grate.

Bathalon says each mural has four lives, and is reinvented by the changing seasons — especially in the winter, when the snow sharpens the surreal colours. Citizens serve as de facto

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CHRIS LACKNER

guardians, fiercely protective of the imagery on their building or neighbour's wall.

In 2015, Montreal's murals earned it distinction as the first Canadian city to be added to Google's street art gallery. With over 150 local murals available, it joined the likes of Barcelona, Philadelphia and London as a public art wonder of the world. Montreal's new motto could be, "Come for the art, stay for the city."

Case in point, Cité Mémoire in Old Montreal, where spirits of the past are brought back to life by a living spirit of creativity and innovation. A new, free app allows visitors to journey through time via the project's 18 after-dark tableaux. The multimedia vignettes, triggered by motion sensors and smart devices (which also provide the audio), project stories of the city's milestones and famous characters onto the area's historic walls. Four more will be added for the city's 375th birthday in 2017.

As co-creator Victor Pilon says, "All these people that made and built Montreal are still in its bricks."

Chris Lackner was hosted by Tourism Montreal, which didn't review or approve this story.



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5 AMAZING PLACES TO GOLF NEAR THE OCEAN

Pack the clubs, rent a car and hit the palm-tree lined highways for a golf vacation you'll never forget. Southern California offers it all for golfers — acclaimed courses that sit atop ocean-side cliffs and twist through dramatic valley landscapes, together with a prize collection of golf resorts. Here, five of my favourite SoCal golf retreats. **BRIAN KENDALL/FOR METRO** FOR MORE VISIT BRIAN'S WEBSITE AT CANADIANGOLFTRAVELLER.COM



1 Fairmont Grand Del Mar

Inspired by the palaces of Spain, the Fairmont Grand Del Mar is unrestrained in its opulence. Gold, marble and crystal flourishes are seen throughout a 249-room property set in the secluded Sorrento Valley north of San Diego. Foodies flock here to sample the French-influenced artisanal cuisine at Addison, one of California's premier fine dining restaurants. But for golfers the prime attraction is Grand Del Mar Golf Club, a brawny 7,160-yard design by the great Tom Fazio punctuated by dramatic shifts in elevation.



2 The Lodge at Torrey Pines

Set on seaside bluffs just north of the tony San Diego suburb of La Jolla, The Lodge at Torrey Pines overlooks the world-famous South and North Courses at municipally owned Torrey Pines Golf Course. It was on the South Course that a hobbled Tiger Woods famously clinched an epic come-from-behind victory over Rocco Mediate in the 2008 U.S. Open. Doormen wearing Scottish kilts greet visitors at a post-and-beam Craftsman-style resort where the 170 rooms are furnished with antiques. Between rounds, hike the scenic trails leading to nearby Torrey Pines State Beach and Reserve.



4 Monarch Beach Resort

Built at a cost of \$240-million, Tuscan-inspired Monarch Beach Resort overlooks a gorgeous stretch of coastline between Los Angeles and San Diego, in the upscale community of Dana Point. Amenities include stunning artworks, a private beach club and a spa. Just like at Torrey Pines, the Pacific Ocean views are endless. Architect Robert Trent Jones, Jr. deftly positioned the tight fairways and rolling greens at Monarch Beach Golf Links to take full advantage of the magnificent setting.



3 Omni La Costa Resort and Spa

Almost as famous as Torrey Pines, Omni La Costa Resort and Spa features two recently renovated parkland-style layouts, Champions and Legends, that together have hosted 37 PGA Tour events. Nestled in coastal foothills about a 25-minute drive north of downtown San Diego, the 611-room Spanish-colonial style property is home to the fabulously refurbished Spa at La Costa. And offering treatments of a more spiritual nature is the Chopra Center, where wellness guru Deepak Chopra's body-mind healing techniques point golfers toward enlightenment—and, possibly, a smoother backswing.



5 Rancho Bernardo Inn

A lushly treed and wonderfully comfortable retreat in north San Diego, Rancho Bernardo Inn is an ideal home base for excursions to the San Diego Zoo and other local attractions. The 287 guest rooms at the two-storey adobe-style resort feature fire places and balconies overlooking either the gardens or a parkland-style golf course that has hosted both PGA and LPGA tournaments. Water hazards and bunkers are constantly in play at this brilliantly renovated course originally designed by William Francis Bell.



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Fortier at the helm of offensive charge

MOOSEHEADS

Herd veteran has 16 points through first 11 games

Dylan DesRoche
For Metro | Halifax

The Halifax Mooseheads haven't been the most offensive team so far this season, but Maxime Fortier is doing his best to change that.

"I think I'm just doing my job, I'm an offensive player and that's what I want to bring to the team," the third-year Mooseheads forward said in an interview Thursday.

Fortier has been instrumental for Halifax this season, earning 16 points in the team's first 11 games, including seven goals. This personal success comes after Fortier wasn't chosen in the NHL Entry Draft last June.

"I need to be better than last year," said the 18-year-old. "I have some things to improve that's what I try to do every time I come out on the ice."

Head coach Andre Tourigny knew Fortier had the tools to be a successful hockey player in 2016, where speed and skill are essential. But it takes more than that, he said, if you really want to succeed and make it to the next level.

"There are a lot of skilled players in the world and it's not enough," Tourigny said.



Maxime Fortier and the Mooseheads will be home at Scotiabank Centre for a pair of games this weekend. JEFF HARPER/METRO

+ THINK PINK

Friday will be Halifax's annual Pink in the Rink game, where the team will be sporting pink jerseys.

■ The game-worn jerseys will then be raffled off, with the proceeds going to the Canadian Breast Cancer

Foundation.

■ "I think it's really important and (breast cancer) is a pretty serious problem," said Mooseheads forward Maxime Fortier. "It's nice for us to wear pink and try to help."

"If you want to be a hockey player you have to look to improve your game, and I think that's what Max is doing."

Fortier lists Montreal Cana-

diens winger Brendan Gallagher as someone he tries to emulate as he works to better his game.

"He's someone who I watch play and I know I can be like

him, but I have a lot of work to do to get there."

Halifax is recovering from a rough road trip where they dropped three out of four games. Despite the setbacks, Fortier is impressed with how his young teammates have been playing and improving.

"We want to come back here at home and be as good as we can and try and win," he said.

Halifax (6-5) will be welcoming the defending QMJHL champion Rouyn-Noranda Huskies (7-1) to Scotiabank Centre on Friday at 7 p.m. The Mooseheads also host the Val-d'Or Foreurs Sunday at 3 p.m.

MLB PLAYOFFS

Cleveland bullpen solid amid injuries

By winning the American League Championship Series in five games, the Cleveland Indians not only captured a spot in the World Series, they also earned a break this team could sorely use.

Injuries to starters Carlos Carrasco, Danny Salazar and Trevor Bauer left Cleveland in a tough spot even as Cleveland kept winning. They started Corey Kluber on short rest in Game 4 of the ALCS against Toronto, then sent a virtual unknown to the mound for Game 5 in Ryan Merritt. Cleveland won Game 5 and the series behind a solid effort from Merritt, but the Indians would love for Bauer and perhaps even Salazar to be able to contribute at some point soon.

If not, well, Cleveland can still rely on a bullpen that's been up to the task so far. ALCS MVP Andrew Miller has received much of the attention, but the Indians go deeper than that. Their relief-



Andrew Miller was named ALCS MVP. GETTY IMAGES

ers have posted a 1.67 ERA in 32-1/3 innings this post-season, with Cody Allen and Bryan Shaw also making important contributions.

The World Series starts Tuesday, and Cleveland is four wins from its first title since 1948.

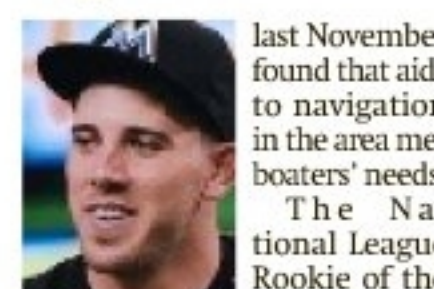
THE ASSOCIATED PRESS

JOSE FERNANDEZ

Jetty in fatal boat crash to be probed

U.S. Coast Guard officials say they'll examine lighting on the Miami Beach jetty involved in a boat crash that killed Miami Marlins pitcher Jose Fernandez and two other men last month.

Rear Admiral Paul Thomas said in a letter this week to U.S. Sen. Marco Rubio that the Coast Guard is commissioning a new analysis of the north and south jetties at the entrance to a channel that runs past the southern end of Miami Beach. The letter says an analysis performed



Jose Fernandez
GETTY IMAGES

last November found that aids to navigation in the area met boaters' needs.

The National League Rookie of the Year in 2013 and a two-time All-Star, Fernandez was

a baseball star known for his exuberant personality and style of play. THE ASSOCIATED PRESS

CANADIAN UNIVERSITIES

CIS rebranded, now named U Sports

How do you transform your sports organization from a staid governing body to a dynamic, engaging and lucrative sports property?

For the folks running university sport in Canada, it starts with a title change. They discontinued the name Canadian Interuniversity Sport on Thursday and unveiled a sleek new moniker: U Sports.

Officials say they needed a

name that worked in both English and French, and that saved fans from memorizing yet another acronym. The brand makeover is part of a campaign that aims to reposition university athletics in Canada's crowded sports marketplace. Rather than existing as NCAA Lite, U Sports officials plan to market its schools and athletes,

and convince consumers their product is worth watching. And sponsoring.

"We've been working really hard to get in front of corporate Canada," says U Sports CEO Graham Brown. "They're passionate about university sport. We just have to convince them that we're a good opportunity for marketing (and) for promotion."



Experts say it will take more than a brand makeover to engage viewers.

"The biggest challenge is less in the branding and more in the exposure," says Anthony Zanfini, head of the Toronto-based marketing firm Ambit. "U Sports or CIS, it doesn't help them win that battle. That battle is about the cost of producing television and the revenue broadcasters can make." THE CANADIAN PRESS

IN BRIEF

Pogba breaks out for brace
Paul Pogba cast aside criticism of his recent performances by delivering a reminder of his talent on Thursday, scoring twice in Manchester United's 4-1 win over Fenerbahce in the Europa League.

Pogba marked a dominant all-round performance by converting a penalty and a 25-metre curler into the top corner in first-half injury time. THE ASSOCIATED PRESS

Penguins ink Murray to three-year extension

Matt Murray's breakout performance in last year's Stanley Cup playoffs earned the Pittsburgh Penguins goaltender a hefty raise.

The 22-year-old and the team agreed to a three-year extension beginning next season that will pay Murray \$3.75 million per season — a significant bump from the \$600,000 he currently makes. THE ASSOCIATED PRESS

Foxes' title hangover yet to wear off

PREMIER LEAGUE

Leicester are perfect in CL but only 13th in EPL table

Glance at the Champions League standings and it would seem all is just fine at Leicester City this season.

Three matches. Three wins. No goals conceded. If only the defence of its English Premier League title was going so well.

Few expected Leicester to replicate the feats of last season, when the unheralded team from central England went from relegation favourites to title winners in one of the most amazing stories in all of sports.

Few, though, would have expected such a drop-off in the league the following season.

"When I think of the Premier League, I'm very, very angry,"

said Leicester's usually amiable coach, Claudio Ranieri.

Leicester heads into Saturday's home match against Crystal Palace in 13th place in the 20-team league, having lost four of its opening eight games. The team only lost three league matches in the whole of last season.

The most obvious explanation for the drastic dip in form is a change of focus. This season, it increasingly seems, is all about the Champions League, which Leicester is competing in for the first time. "It's just psychological," Ranieri explained. "Because when we play in the Champions League, all the specials are switched on. You're very, very smart, focused in every

situation." The same can't be said in the Premier League. Leicester has lost to Liverpool, Manchester United and Chelsea by three-goal margins and also has been defeated by promoted Hull.

Its only wins have come against Burnley and Swansea, both of whom — like Hull — are among the contenders for relegation. There are other factors

to blame apart from a pre-

occupation with the Champions League. The loss of N'Golo Kante to Chelsea has hit Leicester hard. It felt at times like the energetic Kante did the work of two players in central midfield last season, providing protection for the defence and also a springboard for the attack. Offseason recruits Daniel Amartey and Nampalys Mendy (currently injured) just aren't in Kante's league.

As a consequence, Leicester's defence looks vulnerable, with centre backs Wes Morgan and Robert Huth exposed and making errors. That, however, doesn't explain the team's tendency to concede at set pieces this season, which is simply down to a lack of concentration and awareness.

Another factor is Ranieri's squad strengthening over the summer, which included signing forwards Ahmed Musa and Islam

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- Everton at Burnley
- Stoke City at Hull City
- Crystal Palace at Leicester
- Watford

at Swansea City

- Sunderland at West Ham
- West Bromwich at Liverpool

SUNDAY

- Southampton at Manchester City
- Manchester United at Chelsea

Jamie Vardy and manager Claudio Ranieri

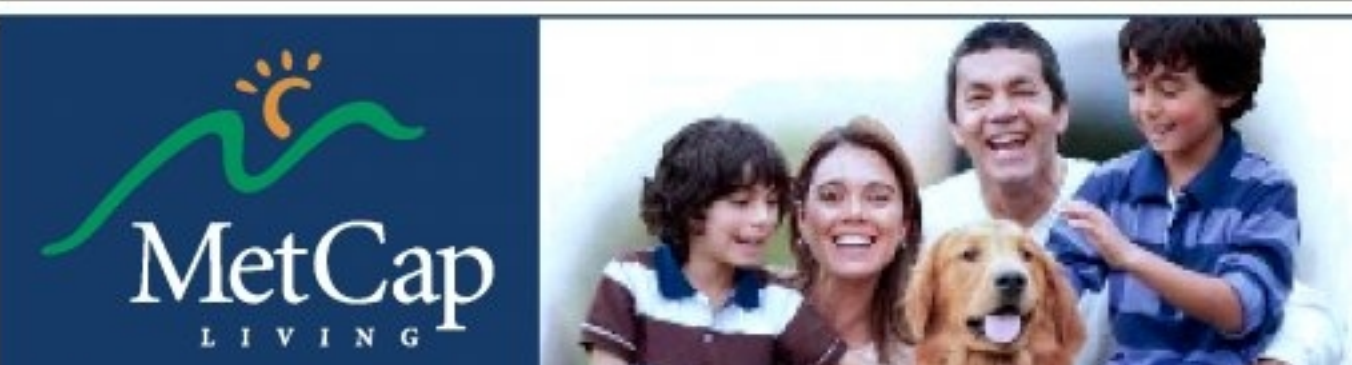
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IN BRIEF

76ers' Brand calls it a career

Philadelphia 76ers forward Elton Brand has announced his retirement. Brand was the first overall pick out of Duke in the 1999 NBA draft by the Chicago Bulls and was named rookie of the year.

Brand played 17 seasons in the NBA and was in his second stint with the Sixers. He averaged 15.9 points and 8.5 rebounds in 1,058 games with the Bulls, Los Angeles Clippers, Dallas Mavericks, Atlanta Hawks and Sixers.

THE ASSOCIATED PRESS

NCAA's new replay rule

NCAA has approved an experimental rule allowing the Big Ten and Mid-American conferences to use instant replay on certain plays within the restricted arc for the 2016-17 season.

The rule, which will only be allowed in conference play, can be used when an official believes an incorrect call was made in the restricted or when a coach appeals for a review. A team will lose a timeout if the call stands after an appeal. THE ASSOCIATED PRESS

Coach banned for punishing minor players with push-ups

A Montreal-area minor league hockey coach who ordered his team to do push-ups after a loss will sit out the rest of the season, the hockey association's president said Thursday.

Jean-Pierre Fortier said the disciplinary committee of Hockey Lac St-Louis recently decided to suspend Louis Isabella after learning he ordered his pre-teen AAA players to do push-ups after a loss. THE CANADIAN PRESS

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- Cat & Dog Friendly

*In the Heart
of Downtown
Halifax***902-422-4545****BAKER ARMS/WEXFORD** 144 Baker Dr., Dartmouth**2 BR & 2 BR + Den**

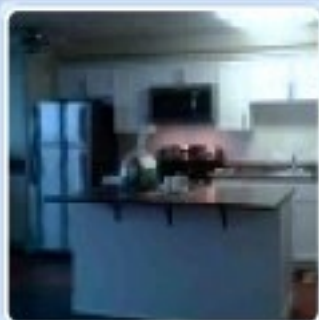
- Oversized Suites
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- 2 Full Baths
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the Halifax
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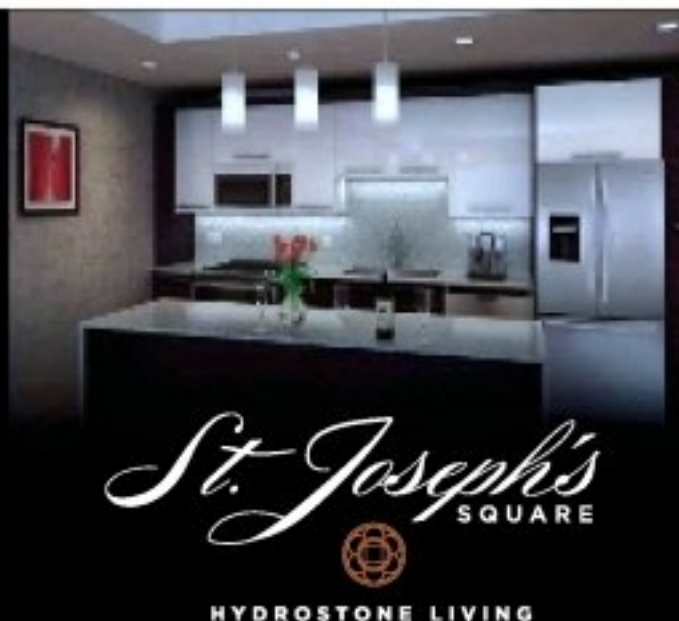
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RECIPE Waffled Avocado Grilled Cheese



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This avocado and cilantro mash with stretchy Monterey jack cheese gets the perfect grill when given the waffle treatment. Get ready for maximum gooeyness.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 2

Ingredients

- 4 slices of whole grain bread
- butter
- 1/2 avocado
- small handful of fresh cilantro
- salt
- 1/2 cup shaved Monterey Jack

cheese

Directions

1. On a cutting board, lay out bread slices. Spread butter on one side of each slice of bread.

2. In a small bowl, mash avocado, cilantro and salt to taste. Spread a heaping tablespoon of avocado mix on two slices of bread and sprinkle with cheese. Add cheese to the other plain slices of bread.

3. Place grilled cheese in waffle maker and cook according to machine's directions for a waffle. Repeat for the second sandwich.

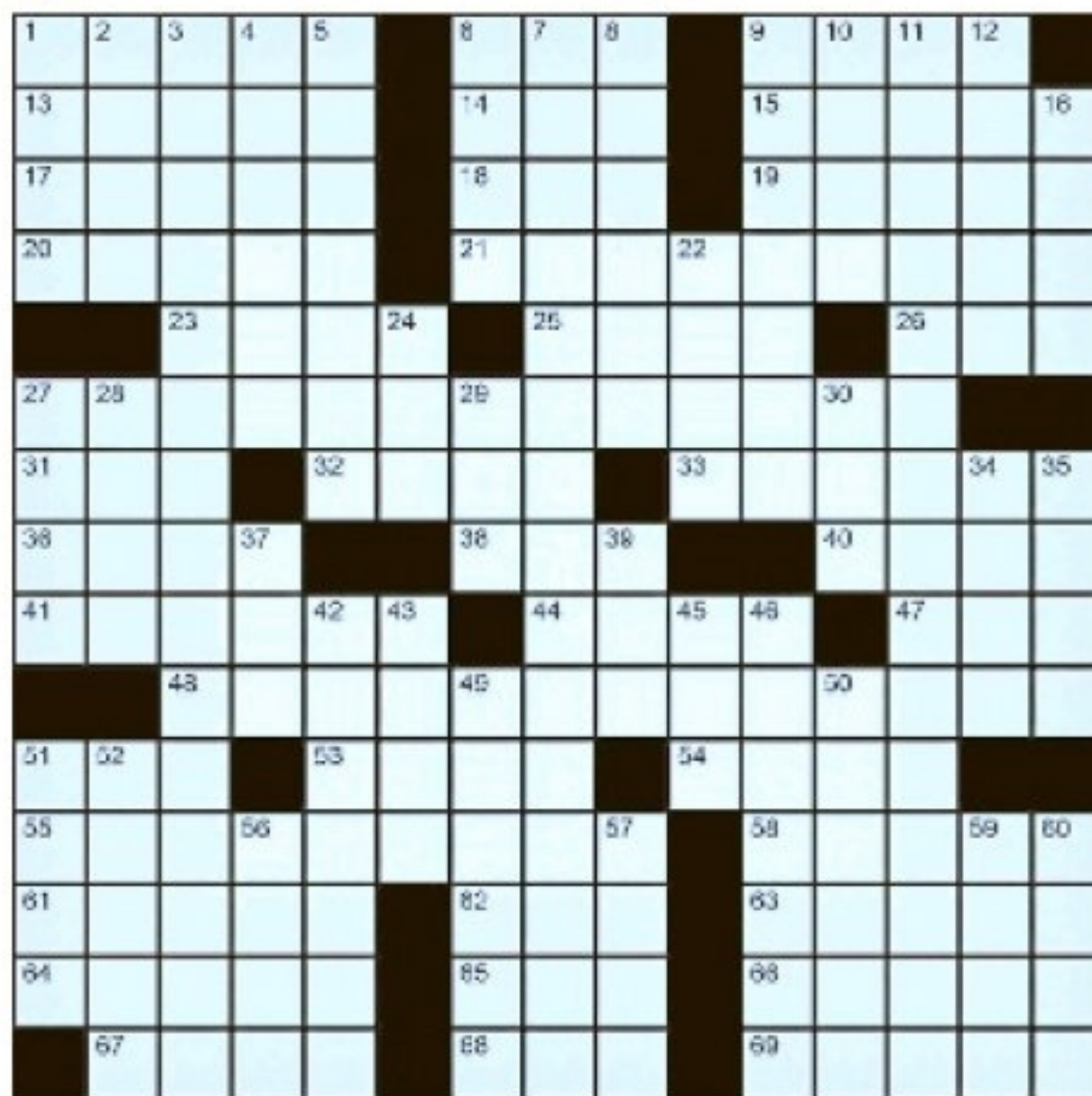
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Singer/actress Ms. Moore
6. Brad's ex, briefly
9. LA photographers
13. 2004 Green Day album, 'American _'
14. Scottish 'no'
15. Pontificate
17. Boomtown Rats' _ "Like Mondays"
18. Utmost degree
19. Legendary ballet company
20. Ancient Greek colony
21. Dita Von Teese's theatrical specialty
23. Agitate
25. Rivers, in Mexico
26. Website
27. With all of a person's possessions: 3 wds.
31. California baseball team [acronym]
32. Go by yacht
33. Lazy Daisy, in embroidery
36. Arm drawings, commonly
38. Graduate's degree, e.g.
40. Stage musical, Man _ _ Mancha
41. Bundles
44. Cow's offspring
47. Speed _
48. Ottawa: The Library of Parliament, also known as 'Canada's Most _ _'
51. Horiz.
53. 2002 Literature Nobel Mr. Kertesz
54. North Pole laugh: 2 wds.
55. The carved wood panelling of The Library of Parliament is



- made from what type of tree?: 2 wds.
58. Supercharger
61. Inert gas
62. John Fogerty's gr.
63. Smug-looking grin
64. Like a lotus position

65. Powder _
66. Al Capp's 'Li'l' creation
67. France: Mediterranean resort
68. Initials-sharers of Gloria's portrayer on 'All in the Family'
69. Eva and Zsa Zsa's sister

DOWN

1. Nero's 1003
2. Vegetable stand selection
3. Vancouver landmark crossing the Burrard Inlet: 3 wds.
4. Madonna's 'La Isla _'
5. Gains
6. 'The Brady Bunch' actress, _ _ Davis
7. NSERC = _ _ and Engineering Research Council of Canada
8. Yankees legend Lou
9. Stokes the fire logs: 2 wds.
10. Mr. Onassis'

11. Oak, Cherry and Walnut... That upon which visitors to #48-Across studiously walk: 2 wds.
12. England: Canterbury's river
16. Mr. Knievel
22. Records
24. Nutritional suggested amount [acronym]
27. Sandwiches, e.g.
28. "I get it noooo!"
29. Diner's shirt protector
30. Acqua Di _ (Armani fragrance)
34. Muse of history
35. "Mad Men" star Jon
37. Mailing encl.
39. Eatery, e.g.
42. Tin-glazed earthenware
43. _ pumps, as in basements
45. "I _ Ya Papi" by Jennifer Lopez
46. Ship's unsunken remains
49. Fools
50. It's called the 'Dance of Romance'
51. Wonky
52. 2004 Alanis Morissette album: 'So-Called _'
56. Easy! There's nothing _ _!
57. Work units
59. Born and _
60. Pod vegetable

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next four weeks, you will be intense! In particular, you will want to tie up loose ends regarding shared property, taxes, debt and inheritances.

Taurus April 21 - May 21
The Sun is opposite your sign for the only time all year during the next four weeks. This means you need more rest. You also will have a strong focus on partnerships and friendships.

Gemini May 22 - June 21
Do whatever you can to get better organized in the next four weeks. You want to feel confident, on top of your scene and smart!

Cancer June 22 - July 23
Lucky you! The next four weeks are perfect for a vacation. They also are the time for sports events, socializing with others, flirting and having fun with your main squeeze.

Leo July 24 - Aug. 23
Now your attention will turn to home, family and your private life. Your interaction with a parent during the next few weeks could be significant.

Virgo Aug. 24 - Sept. 23
Fasten your seatbelt, because the next four weeks are busy! You've got things to do, places to go and people to see! Take a short trip.

Libra Sept. 24 - Oct. 23
Money, wealth, assets and possessions will be your focus in the next four weeks. Look for ways to boost your income because they exist.

Scorpio Oct. 24 - Nov. 22
The Sun is in your sign for the next four weeks, boosting your energy and giving you a chance to recharge your batteries for the rest of the year. Go, go, go!

Sagittarius Nov. 23 - Dec. 21
Work alone or behind the scenes for the next four weeks while you plan your new year (birthday to birthday) ahead. Any ideas?

Capricorn Dec. 22 - Jan. 20
Your popularity will soar in the next four weeks because you want to interact with friends and groups. This is a good time to share your hopes and dreams for the future with others.

Aquarius Jan. 21 - Feb. 19
The Sun will be at the top of your chart for the next four weeks, casting a flattering light on you. You look good to bosses, parents and VIPs!

Pisces Feb. 20 - March 20
Try to travel in the next four weeks because you need to get outta Dodge. You want to explore more of the world to learn something new!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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